

Don't forget to wear comfortable clothing, put on your walking shoes, stretch before starting out and bring some water with you for your Walk Around the Park!

FAQs

Q - When does the walk start?

A - May 30. It will then be every Wednesday, except July 4 which is a holiday or in the event of rain.

Q - Will this be year round?

A - No. The walks will be every Wednesday, May 30 through October 31, 2007.

Q - Where will the check-in station be? Do I have to checkout or log my laps or time?

A - Fleet Feet Sports Sacramento will have a tent in the park near the sidewalk on N Street between 12th & 13th Streets. No, you are not required to checkout, log laps or time. Just Walk Around the Park!

Q - Can I check in early to get a pedometer? Can I call DPA or Fleet Feet to hold one for me?

A - No. The check-in station will be set-up in the park from 11:30am until 1:00 pm and pedometers will be available until our supply runs out. Unfortunately, due to the large number of participants in this program, we cannot take individual requests from those who cannot attend; it is on a first come basis.

Q – My pedometer isn't working. Can I get another one?

A – We have a limited supply. In most cases, it just needs a new battery. If you use your pedometer regularly throughout the week, you will have to replace the battery at some point anyway.

Q – I didn't get a pedometer. When will you have more?

A – The pedometers were donated by Novartis and we have a limited supply. Once they are gone, we will not have any more.

Q - The flyer says the walk is from 11:30am-1:00pm. Do I have to walk for an hour and a half?

A - No. The check-in station is available during those times to record your participation to earn prizes. You may walk for as long as you wish.

Q - How far is it around the park?

A - It's approximately 1 mile around the park.

Q - Can I participate if I only have a half hour lunch?

A - Yes. According to Internet sources, the average walking speed is 3 miles per hour which would equal about 20 minutes to walk a mile.

Q - How many steps is it around the park?

A - That depends on how long your stride is and how fast you are walking, but a good approximation is 2,000-2,500 steps per mile.

Q - Can I still participate if I didn't check-in at the first walk on May 30?

A - YES! Participate in any or all of the Wednesday walks.

Q - I like to walk around the Capitol earlier in the day before it gets too hot. Can I still get credit?

A - Yes, you can walk earlier. Just be sure to stop by the check-in station between 11:30am and 1:00pm to check-in. If you've already walked earlier in the day, there is no need to walk again, unless you want to.

Q - What if I'm off that day or have a meeting? Can someone else check me in for credit?

A - You have to check in at the Fleet Feet tent between 11:30am-1pm to get credit for walking, so if you're busy at that time or off that day, you won't be able to check-in. Only one check-in per person, your friends and co-workers cannot check-in for you.

Q - Do I have to start at the check-in station to track my mile around the park?

A - No. You can start walking around the park at any point. Just be sure to stop by the check-in station to record participation for prizes and drawings. If your office is located several blocks from the Capitol and you would walk a mile getting to and from the check-in station, you would not need to walk around the park at that point to get your mile in. The point is to get out of the office at lunch and get some healthy physical activity by walking. So, start at any point, in any direction, stop by the check-in station between 11:30am-1pm, get your pedometer (while supplies last) and walk a mile at your own pace.

Q – My office is not in the downtown area. Can you organize a walk near us?

A – This is our pilot year offering the program. We may be able to offer additional programs or expand to other areas in the future, but right now we only have the Wednesday walk available in the downtown Sacramento area.



The Department of Parks and Recreation has a Walks in the City program in the San Diego area that features eight city walks mapped out at <http://www.co.san-diego.ca.us/parks/walks.html>.



There's also a City Walks Downtown Sacramento with maps to ten walks ranging from 1.1 to 3.1 miles at http://www.parks.ca.gov/pages/23997/files/map_print.pdf.



For those of you in other locations, plot your own walk route anywhere in the world on WalkJogRun at www.WalkJogRun.net.



There are several online walking programs available at <http://walking.about.com> (links to programs on this site are to the left under Topics: Walking Programs). Many other websites have programs and information as well.



New walkers might want to read the **Absolute Beginner Walking Tutorial**.

Try the **Let's Get Walking Program** for beginning walkers.

Join the online **Walk of Life: 10-Week Walking and Weight Loss Program** for daily walk support and better eating.

Check out **How to Walk for Weight Control** online tutorial.

Sign up for the **Step Counters – Pedometer Walking Program** a 4-week walking program with an ultimate goal of 10,000 steps a day.



Ask your department wellness coordinator to contact the local colleges to see if they will provide an onsite walking class and earn college credit for physical activity.



Organize your own department walk program around your building, your parking lot or garage, a park near you, in the stairwell or hallways or even an indoor walking in place program using a video. (contact Terri Skondin at TerriSkondin@dpa.ca.gov for more info on the video program)



Fleet Feet Sacramento also offers an evening walk/run on Tuesdays around McKinley Park and Sunday mornings from Fleet Feet on J St. open to all ability levels. They also offer training programs to prepare for marathons as well. Visit <http://www.fleetfeetsacramento.com> for more information on walks and training and the event below.

Nike Women's Fitness Festival
Packet Pickup & Late Registration
Friday, June 8 - 10am to 7pm
Saturday, June 9 - 10am to 6pm